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and mixtures thereof, and added material absorbed into the food, said material selected from the group consisting of vitamins, minerals, nutrients selected from Echinacea extract, ginkgo, ginseng, bee pollen, lecithin, St. John's wort extract and mixtures thereof, spices, flavors and combinations thereof present in an amount of from about 0.0001% to about 2.0% on a dry weight basis of the food product.

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9. (Amended) An uncooked oat product consisting essentially of uncooked oat groats and at least one added material adsorbed onto at least a portion of the surface of the groats selected from the group consisting of vitamins, minerals, nutrients selected from Echinacea extract, ginkgo, ginseng, bee pollen, lecithin, St. John's wort extract and mixtures thereof, spices, flavors and combinations thereof and present at a concentration of from about 0.0001% to about 2% on a dry weight basis of the uncooked oat product.

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17. (Amended) A method of incorporating at least one water soluble or water dispersible ingredient into the body of food selected from the group consisting of uncooked oat groats and uncooked corn grit, comprising:

- (a) contacting the food with an aqueous infusion mixture of water and the ingredient selected from the group consisting of uncooked oat groats, uncooked corn grit and mixtures thereof, and added material absorbed into the food, said material selected from the group consisting of vitamins, minerals, nutrients selected from Echinacea extract, ginkgo, ginseng, bee pollen, lecithin, St. John's wort extract and mixtures thereof, spices, flavors and combinations thereof present in an amount of from about 0.0001% to about 2.0% on a dry weight basis of the food product for a time and in an amount and ingredient concentration effective to increase the moisture content of the food by from about 1% to about 35% by weight of the food to absorb the ingredient;
- (b) optionally equilibrating the contacted food with the aqueous infusion mixture for a sufficient amount of time to cause further absorption of the ingredient by the food.

~~14/16~~ ~~14/25~~ (Amended) The method of claim ~~17~~ ⁹ wherein said food is uncooked

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oat groats and said aqueous infusion mixture is applied to the surface of the uncooked oat groats in an amount of from about 2% to about 29% by total weight of the oat groats.

35. (Amended) A method of adding at least one non-water soluble ingredient to uncooked oat groats so such ingredient becomes adsorbed onto at least a portion of the surface of the uncooked oat groats, the method comprising:
- (a) prior to flaking the oat groats contacting the surface of the uncooked oat groats with an aqueous mixture containing the non-water soluble ingredient selected from the group consisting of vitamins, minerals, nutrients selected from Echinacea extract, ginkgo, ginseng, bee pollen, lecithin, St. John's wort extract and mixtures thereof, spices, flavors and combinations thereof present in an amount of from about 0.0001% to about 2.0% on a dry weight basis of the oat groats for a time and in an amount and ingredient concentration effective to increase the moisture content of the uncooked oat groats by from about 1% to about 35% and to cause adsorption of the ingredient; and thereafter
 - (b) optionally equilibrating the uncooked oat groats with the aqueous mixture for a sufficient amount of time to cause further adsorption of the ingredient onto at least a portion of the surface of the oat groats.

Please add the following new claims.

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450. The product of claim 1 wherein said product has a moisture content of about 8% to about 10%.

51. The product of claim 1 wherein said added material is substantially fat-free.

52. The product of claim 9 wherein said materials are present in an amount of from about 0.0001% to about 2.0% on a dry weight basis of the food.

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53. The product of claim 9 wherein said materials are substantially fat-free.